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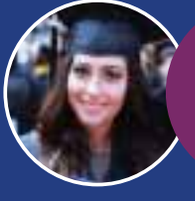

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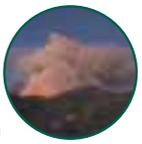
3 THINGS YOU NEED TO KNOW

LOS ANGELES-AREA WILDFIRE SPREADS, MOTORIST FOUND DEAD



1 A huge wildfire in the Los Angeles area spread another 2,000 acres overnight and appeared to have killed a motorist, whose remains were found in a charred vehicle in the fire's path, officials said on Sunday. This brought to 34 square miles the total area enveloped by the wildfire, which has forced hundreds of evacuations and is casting a dark haze over parts of Southern California. The fire is one of a series this summer that have hit the state, which has suffered drought for several years and where dried grass and bush land as well as high temperatures have helped fuel the blazes. The remains of an unidentified person were found late on Saturday inside a charred vehicle in the path of the so-called Sand Fire near Santa Clarita, about 40 miles northwest of the city, the Los Angeles County Sheriff's Department said in a statement. REUTERS

REFUGEE ARRESTED AFTER MACHETE KILLING IN GERMANY

2 A 21-year-old Syrian refugee killed a woman with a machete and injured two other people on Sunday before being arrested in the southern German city of Reutlingen, a police spokesman said. The asylum-seeking Syrian man had been involved in previous incidents causing injuries to other people, he said. The spokesman had no immediate information on when the man arrived in Germany, or when the previous incidents took place. The assailant was apparently acting alone, the police official said. "There is no danger to anyone else at this time," he told Reuters. No further details were immediately available. REUTERS

RUSSIA ESCAPES IOC BLANKET BAN FOR RIO OLYMPICS

3 The International Olympic Committee has rejected clarion calls for Russia to be banned from next month's Rio Olympics over the nation's doping record, offering athletes a lifeline by ruling that decisions on individual competitors will be left to the international sports federations. The IOC's decision on Sunday follows the World Anti-Doping Agency's all for a blanket ban in response to the independent McLaren report that found evidence of state-sponsored doping by Russian athletes at the 2014 Winter Olympics in Sochi. "I think in this way, we have balanced on the one hand, the desire and need for collective responsibility versus the right to individual justice of every individual athlete," IOC President Thomas Bach said on a conference call. REUTERS

With a heat dome parked over the Northeast, not even beaches can provide much relief. GETTY IMAGES

IT'S A LIVING HELL OUT THERE

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

If anyone tells you there is no such thing as global warming, tell them to take a long walk off a short pier.

On second thought, that might be too cooling. I'm stating this not because the mercury will approach 100 degrees today on the first official day of the Democratic National Convention in the city of Philadelphia, it's because 2016 has been the hottest globally since we started keeping official weather records back in the late 1800s, according to the National Oceanic and Atmospheric Administration.

Facts don't lie, folks — we are burning up. This is creating weather chaos around the world — droughts, floods, unprecedented severe storms, to name a few. I will be devoting a full future article on this, but in the meantime, walk slowly and carry a big fan.

The massive heat dome that I wrote about last week has arrived. It isn't the typical Bermuda high effect, which ushers in heat and humidity on southwesterly winds from the Gulf of Mexico, although I heard some local meteorologists talking about it.

It's actually a dome of atmospheric high pressure that was building across the country, originating in the West, spreading across the Midwest and eventually shifting to the East Coast. The difference is this kind of heat is more like a hot blow-dryer as hot, dry air blasts in on west-southwest winds.

As many of you have already noticed by now, this keeps even the beaches hot, unlike a Bermuda high, which keeps the beaches cooler.

The core of this heat wave will be felt in Philadelphia and New York City. Boston will escape true heat-wave conditions (three or more consecutive days of 90-plus temperatures).

Philadelphia and New York City will experience seven to eight days of consecutive 90-plus-degree days since it started this past Friday.

Severe storms will break out as well today, in the morning and again late today for Philadelphia and NYC.

New York

Today: Morning severe storm, late storm, High 95

Tuesday: Blazing heat, High 96

Wednesday: Heat continues, dry, High 93

Thursday: Borderline heat, High 90

Friday: Severe storms, heat wave snaps, High 86

Weekend:
Saturday: Nicer, High 86, storms at night

Sunday: Few storms, some sun, High 84

This heat wave should break by week's end as I'm anticipating a severe outbreak of storms that should help extinguish it by late Thursday or Friday.

Affordable Housing for Rent

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				2 person	🧍🧍	$19,612 - $29,000
Studio	$641	2	→	1 person	🧍	$23,315 - $31,750
1 bedroom	$690	1	→	1 person	🧍	$25,029 - $31,750
				2 person	🧍🧍	$25,029 - $36,250
2 bedroom	$836	6	→	2 person	🧍🧍	$30,069 - $36,250
				3 person	🧍🧍🧍	$30,069 - $40,800
				4 person	🧍🧍🧍🧍	$30,069 - $45,300
Studio	$1,589	12	→	1 person	🧍	$55,818 - $111,125
1 bedroom	$1,997	10	→	1 person	🧍	$69,840 - $111,125
				2 person	🧍🧍	$69,840 - $126,875
2 bedroom	$2,405	20	→	2 person	🧍🧍	$83,863 - $126,875
				3 person	🧍🧍🧍	$83,863 - $142,800
				4 person	🧍🧍🧍🧍	$83,863 - $158,550

* Rent includes gas for cooking.
** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
*** Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **September 23, 2016**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **23 de septiembre 2016**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2016年9月23日**.

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **23 сентябрь 2016**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2016년9월23일 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **septanm 23, 2016.**

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **Strivers Plaza, 87-14 116th Street, Richmond Hill, NY 11418** . على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قب 23 سبتمبر ، 2016.

Mayor Bill de Blasio • HPD Commissioner Vicki Been • HDC President Gary D. Rodney

Rookie cooks vie for street glory

Meet the finalists for best new vendors in the 2016 Vendy Awards.

EVA KIS
@thisiskis
eva.kis@metro.us

Los Viajeros Food Truck FACEBOOK

If you go

The Vendy Awards
Sept. 17, 12:30 p.m.
Governors Island
$100, $145 VIP
vendyawards.
streetvendor.org

You don't have to wait for Anthony Bourdain's massive Pier 57 food hall to find Asian street food in NYC.

Of the six nominees for Rookie of the Year in this year's Vendy Awards, which has been highlighting the best of the city's sidewalk vendors since 2005, half hail from the bustling food stalls of the East, specifically Bangladesh, the Philippines and China.

"Between jianbing and the egg cakes topped with sweets and ice cream, [Asian street food] seems to be really popular right now," says Debra Stein of the Street Vendor Project, a nonprofit group that provides legal and financial aid, training and support to NYC vendors.

The Vendys, dubbed "the Oscars of street food" by chef Mario Batali, is a fundraiser that began in 2005, with the public nominating their favorite pushcarts, food trucks and market stall vendors in five categories: Rookie, Best of Market, Dessert, a special category that changes every year and the best-in-show Vendy Cup.

"It's a really great way to recognize street vendors, and it has really helped in the past to raise the profile and increase visibility for businesses," says Stein.

The awards are given out at an all-you-can-eat festival on Governors Island, where 2,000 people help pick the new stars of the city's food world. This year's special category is Vegan, which is not just driving the city's restaurant scene but also street eats, according to Stein.

If you're looking for the newest of new foods, swing by Vendy Plaza in East Harlem every Sunday throughout the summer. "That's really where we help out new vendors," Stein says.

"For most of the markets in New York City, it's extremely expensive to rent stall space, and so for people who are new and just thinking about starting a food business, it's a way to test it out without having to put in this huge investment."

As part of her job, Stein has tried all of the nominees and gave us a little taste of what you'll find at these six up-and-coming finalists vying to be Rookie of the Year.

Harlem Seafood Soul

The youngest competitor in the Rookie category actually serves cuisine that's been years in the making. "They've only been in business since March," says Stein. "[Tami Treadwell] has been really popular in Harlem selling food that she would make out of her church." Now, Treadwell and Fatima Barber make Uptown Po'Boys with fried shrimp, fish and oysters among other seafood specialties out of their solar-powered Harlem Seafood Soul cart at 125th Street and Seventh Avenue. They've been so popular that a second one is already in the works.
harlemseafoodsoul.com

Puran Dhaka

"It's three friends, two of them are in the music industry and one of them owns a spa, and they just really love street food and noticed there wasn't any authentic Bengali food in New York City," Stein says. They now have a Bengali chef turning out biryanis that have been simmered for five hours in a kitchen, as well as shingaras, meat-filled pockets of flaky dough. Find Puran Dhaka at lunchtime in the Financial District and Jackson Heights for dinner.
Facebook.com/PuranDhakaNYC

Los Viajeros

A Bronx fireman and a food industry veteran "who's always wanted to start her own thing" became self-taught chefs and built their own food truck. "They're really into traveling — the name of their business means 'the travelers.'" Stein says. Get Los Viajeros' Latin-fusion tacos and burritos near the Flatiron building or Jacobi Medical Center during the week and La Marina in Washington Heights on the weekends.
losviajerosfoodtruck.com

Mr. Bing

Metro readers will be familiar with native New Yorker Brian Goldberg's jianbing operation, which arrived in NYC last winter at Urbanspace Garment District. Goldberg fell for the Beijing street food while studying Mandarin there, a savory crepe filled he fills with Peking duck and, less traditionally, barbecue pork. (He also makes sweet versions.) Since then, Mr. Bing has popped up all over the city; grab the city's best jianbing, in our opinion, at Bryant Park on Mondays from 4-9 p.m. through Aug. 22 before the evening's outdoor feature presentation.
mr-bing.com

Sisig City

Owner Manny Imperial is a food industry veteran who's finally getting to serve his native Filipino cuisine in the city. The centerpiece of Sisig City's menu is the dish which it's named for, in which pork is first boiled, then sauteed with vegetables and a soy-lemon sauce. "It comes in a familiar format, like a burrito or quesadilla, something that people are familiar with, but then has really interesting flavors and toppings and spices," says Stein. The truck travels all over the city, but mostly in Queens.
sisigcity.com

The Basket

This picnic-themed cart can be found at Central Park and Madison Square Park, serving gourmet sandwiches, charcuterie and cheese with all the essentials needed for an afternoon on the lawn.
thebasketnyc.com

Harlem Seafood Soul INSTAGRAM/ @SOFTCOREFOODPRN

Los Viajeros Food Truck FACEBOOK

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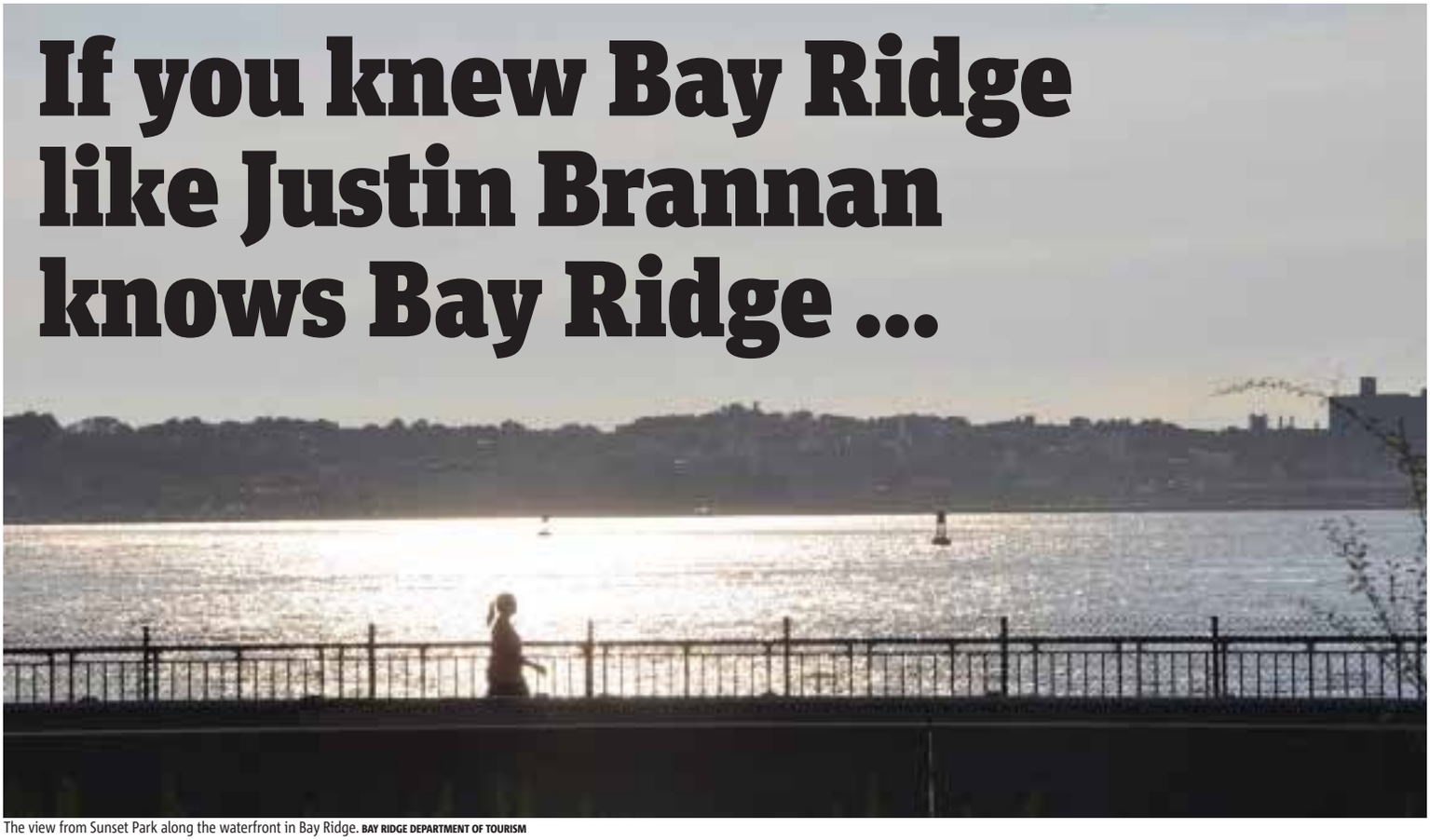
If you knew Bay Ridge like Justin Brannan knows Bay Ridge ...



The view from Sunset Park along the waterfront in Bay Ridge. BAY RIDGE DEPARTMENT OF TOURISM

Lifetime resident of remote Brooklyn neighborhood has founded a Department of Tourism to promote the virtues of his hometown.

KIMBERLY M. AQUILINA
@MetroNewYork
letters@metro.us

Trying to guess which neighborhood is going to catch fire — and getting in early before condo and apartment prices skyrocket — is an obsession among New Yorkers.

Before scampering off to the Bronx, though, you might try looking at Brooklyn's Bay Ridge in the shadow of the Verrazano Narrows Bridge, an undiscovered gem, according to Justin Brannan, his hometown's chief cheerleader.

Brannan, a musician and small-business owner, is the founder and sole member of the Bay Ridge Department of Tourism.

"It's really just an idea I always had and it started as a goof with the name," Brannan said while laughing. "Usually you have a department of tourism in Bermuda or Barbados, so having your own neighborhood department of tourism is just to promote the really unique values of Bay Ridge."

Besides being at the tail-end of the R train, Bay Ridge is a bit of a bedroom community with avenues lined with mom-and-pop businesses.

"Bay Ridge really still has the small-town-in-a-big-city feel," Brannan explained. "It's very vibrant, very diverse, very inclusive."

If you're looking for a backyard, affordable rent, good Italian or Middle Eastern food, a community protected by down-zoning, beautiful waterfront parks, Bay Ridge has it all, Brannan says.

You just have to not mind the remoteness which helps keep Bay Ridge different from other neighborhoods in Brooklyn, he says.

In 2013, the Citizens Committee for Children, which describes itself as "New York City's oldest city-based, multi-issue child advocacy organization," published a report of the best neighborhoods in the five boroughs for children. According to the report, Bay Ridge ranked as one of the lowest risk areas for children and teens in Brooklyn.

In 2015, the nonprofit again included Bay Ridge on its top 10 list of communities safest for children.

"It's funny because the more I tell people about Bay Ridge, I have friends that say, 'Justin, please stop telling people about Bay Ridge,'" he said. "It's flattering, but at the same time it's like, 'Look, it's a great place.'

"It's like your favorite band in high school and then they got popular and you were upset that everyone suddenly loves your favorite band, but the reason why the band got popular is the band was great! You could only keep a secret for so long."

Brannan's suggests the following stops in any tour of his favorite place:

1. **Fort Hamilton** — New York City's only active Army post.

2. **Sunset Park** — 41st Street through 44th Street between Fifth and Seventh avenues. Attraction: gorgeous views.

3. **Shopping** — Between 84th and 89th streets along Third Avenue.

4. **Middle Eastern food** — Hazar Turkish kebab house at 7224 Fifth Ave. Serving the city's best falafel, according to The Village Voice and New York Magazine.

Tanoreen, 7523 Third Ave., is Zagat's highest rated Middle Eastern restaurant in New York City.

5. **More food and drink** — Ho Brah, 8618 Third Ave., a surf taco joint; The Owl's Head, 479 74th St., a wine bar; and Bon Chovie, 7604 Third Ave., the brick-and-mortar version of the popular smorgasbord food stand.

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Democratic Party head resigns amid email furor

Bernie Sanders had demanded that Wasserman Schultz step down.

Democratic National Committee head Debbie Wasserman Schultz resigned amid a furor over leaked emails, throwing the party into disarray on the eve of the convention to nominate Hillary Clinton in the race for the White House.

Lingering bitterness from the heated primary campaign between Clinton and rival Bernie Sanders erupted after more than 19,000 leaked Democratic National Committee emails seemed to confirm Sanders' frequent charge that the DNC, the administrative arm of the party, played favorites in the race.

In a statement, Wasserman Schultz said the best way for the party to accomplish its goal of putting Clinton in the White House was for her to step down.

"We have planned a great and unified convention this week and I hope and expect that the DNC team that has worked so hard to get us to this point will have the strong support of all Democrats in making sure this is the best convention we have ever had," she said.

The furor was a blow to a party keen on projecting stability in contrast to the volatility of Republican candidate Donald Trump, who was formally nominated last week, and overshadowed preparations in Philadelphia for Clinton's coronation as the Democratic nominee to face Trump in the Nov. 8 White House election.

Wasserman Schultz GETTY IMAGES

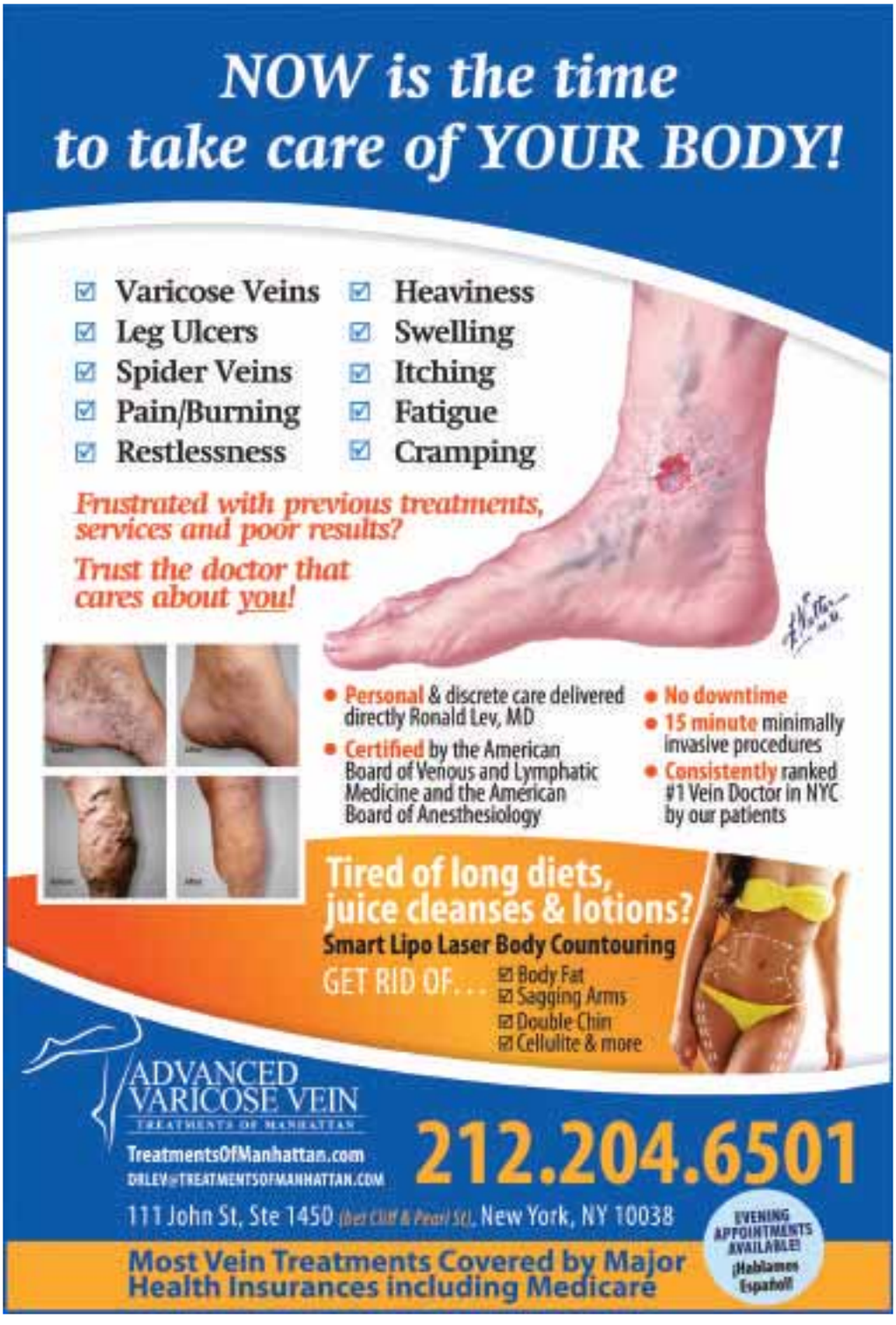
The four-day Democratic convention will open on Monday. DNC Vice Chairwoman Donna Brazile will serve as interim chair through the election, the DNC said on Twitter.

Wasserman Schultz, a member of Congress from Florida who reportedly had been removed from a speaking role after the email leak, said she would address the delegates during the convention.

In a statement, Clinton thanked Wasserman Schultz and said she would serve as a surrogate for her campaign and as honorary chairwoman of a 50-state program to build the party in every part of the country.

"As president, I will need fighters like Debbie in Congress who are ready on Day 1 to get to work for the American people," she said.

The cache of emails leaked on Friday by the WikiLeaks website revealed DNC officials explored ways to undermine Sanders' insurgent presidential campaign, including raising questions about whether Sanders, who is Jewish, was really an atheist. REUTERS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PHILLY CHEESESTEAKS

The Republicans heated up the grill in Cleveland, and now it's time for the Democrats to slap on their steak in Philadelphia. Here is the sizzle you should look for at the Democratic National Convention this week.

1. City of Sisterly Love
It's been a long time coming and there is not an ounce of surprise left in the moment, but you can still bet when Hillary Clinton is officially nominated her party will go into a crazy celebration. She and her loyal fans have long dreamed of Clinton being the first female nominee for a major party, and with good reason: It is genuinely historic. Republicans will have to step carefully in attacking Clinton's triumphant moment for fear of appearing misogynistic, but um ... watch for them to attack anyway.

2. Emails again!
Even as her biggest triumph looms, Clinton is dealing with another email controversy, this one not of her own making. Wikileaks released some 20,000 DNC messages bolstering the claim by Bernie Sanders (and Donald Trump, btw) that the party has been secretly maneuvering all along to make sure Clinton won. Included in the emails is one very nasty idea of suggesting to voters that Sanders, who is Jewish, is actually an atheist. Seriously. The DNC head, Florida Congresswoman Debbie Wasserman Schultz, has agreed (with apparently a lot of shoving) to step down at the end of the convention. Watch

Sanders supporters still say 'never Hillary' ahead of DNC

Sen. Bernie Sanders' supporters haven't give up yet and aren't going anywhere soon.

While many may think the Democratic National Convention getting underway Monday at Philadelphia's Wells Fargo Center will be just the predictable coronation of Hillary Clinton as presidential nominee, several Sanders supporters went on a 3-mile march Sunday to the doors of the convention to show their defiance.

"A vote for Hillary is a vote for Trump," said Libby DeRoo, 71, of New York City, one of hundreds marching. "They're running a candidate they know will lose to him, that's on their backs, not ours. Bernie beats Trump, double-digits."

The raucous crowd of Sanders supporters popped open a few fire hydrants to cool down as they marched down Broad Street to the Wells Fargo Center, shouting chants like "Donald Trump's a racist fool but Hillary's a corporate tool!"

As the rally was in progress, news broke that DNC chair Debbie Wasserman Schultz will resign when the convention ends as a result of leaked emails showing Democratic officials worked to strengthen Clinton's campaign for the nomination against Sanders — to the delight of protesters.

"You guys! Debbie Wasserman Schultz is resigning!" one woman shrieked ecstatically, smartphone in hand, to loud cheers from her comrades.

"It shouts her guilt," said Sanders supporter Aleah Skaggs, 21, of Georgia. "She rigged the election completely in Hillary's favor. Democracy is dead."

Regardless of how the nomination process went, with Donald Trump clinching the GOP nomination, many Democrats are nervous that supporters of the quasi-socialist Sanders, if unwilling to vote for Clinton, could end up helping Trump win.

"That's cute," was Skaggs' response to that accusation. "Since the beginning of the primaries, Bernie did better against Trump in all of the polls. Hillary was tied for loser or barely winning. … I know Bernie swore he wouldn't run third party, but if he did, he would win."

Other supporters also said their opposition to voting for Hillary will continue through election day.

"Don't vote for her," said Max Hara, 56, from Los Angeles. "This isn't about voting for someone, this is about democracy."

SAM NEWHOUSE

AT DNC

for angry backlash by Sanders supporters, especially amid news that Schultz will now serve as the honorary head of a Clinton campaign initiative. And if Clinton gives any interviews to any real reporters, watch for her to get hammered by questions over that cozy arrangement.

3. Bounce
Before the week is done the big political question will be, who got a bounce and how big was it? The conventions typically give momentum to the nominees, so pollsters will be furiously trying to measure it. Some of Trump's latest numbers will be chewed over this week, but watch for analysis of Clinton's bounce to be coming up fast as we head into — finally — the sprint to November.

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

BRIEF

Trump pulls nearly even with Clinton after GOP convention
Republican presidential nominee Donald Trump has pulled nearly even with Democratic rival Hillary Clinton for the first time since May, according to a Reuters/Ipsos poll taken over the course of the Republican National Convention in Cleveland this week.

The July 18-22 national online poll found that 41 percent of likely voters supported Clinton, while 38 percent supported Trump. Given the poll's credibility interval of about 4 percentage points, Trump and Clinton should be considered to be about even in the race.

Just before Republicans opened the convention on Monday, Trump had trailed Clinton by nearly 10 percentage points in the poll.

The New York businessman-turned-politician formally accepted the Republican nomination for the Nov. 8 presidential election during a convention at which the party at times struggled to show unity.

The week started with a dustup between convention leaders and delegates who wanted to change the party's rules to derail Trump's nomination. Later in the week, Sen. Ted Cruz of Texas, who dropped out of the nomination race in May, refused to endorse Trump in a prime-time speech.

Yet, on the final night of the convention, Republicans gave Trump a standing ovation as he pledged to take back a country that he said is plagued by crime, terrorism and ineffective leadership.

Party conventions are partly meant to introduce the candidate to the country, and nominees tend to get a boost in opinion polls afterward. In 2012, then-Republican nominee Mitt Romney rose by about 5 percentage points in the Reuters/Ipsos poll after his party's convention. REUTERS

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Turkey ruling and opposition parties rally together after coup

Demonstrators held a cross-party "Republic and Democracy" rally in Istanbul's central Taksim Square in a spirit of unity following the failed coup, in which at least 246 people were killed and more than 2,000 injured.

Tens of thousands of supporters of Turkey's ruling and main opposition parties, usually bitter foes, rallied together on Sunday in support of democracy following a failed military coup as President Tayyip Erdogan tightens his grip on the country.

In a rare move, pro-government channels broadcast a live speech from the podium by main opposition leader Kemal Kilicdaroglu.

"This is a day to unite, a day to stand up against coups and dictatorial regimes, a day to let the voice of the people be heard," he said at the rally, organized by his secularist opposition CHP but also backed by the ruling Islamist-rooted AK Party and by other opposition groups.

"We are all together in Taksim today. Today is a day we made history all together."

Erdogan will probably try to capitalize on the large size of the crowd of all political persuasions to try and reassert full control over the country, a NATO ally and an important partner in the U.S.-led fight against Islamic State.

In another demonstration of unity after the coup, which was staged by a faction within the armed forces, the head of Turkey's air force issued a rare statement stressing "absolute obedience" to the chief of the military General Staff. Some members of the air force were involved in the coup.

The chief of the military General Staff, Hulusi Akar, who was held hostage by the plotters on the night of July 15, condemned the plotters on Sunday as "cowards in uniform" who had greatly harmed the nation and the army.

Erdogan, who narrowly escaped capture and possible death during the attempted coup, has declared a state of emergency, allowing him to sign laws without prior parliamentary approval in a drive to root out support-

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Demonstrators raise their hands and hold a potrait of Mustafa Kemal Ataturk, founder of modern Turkey, as they gather at Taksim Square in Istanbul on Sunday. REUTERS

ers of the coup.

His critics fear he is using the abortive coup to wage an indiscriminate crackdown on dissent. Turkish authorities have suspended, detained or placed under investigation more than 60,000 soldiers, police, judges, teachers, civil servants and others in the past week.

Prime Minister Binali Yildirim said on Saturday authorities had taken around 13,000 people into custody over the coup attempt, including 8,831 soldiers. He pledged they would have a fair trial.

Rights group Amnesty International said it had received credible evidence of detainees being subjected to beatings and torture, including rape, since the coup attempt.

"It is absolutely imperative that the Turkish authorities halt these abhorrent practices and allow international monitors to visit all these detainees in the places they are being held," said Amnesty's Europe director John Dalhuisen in a statement.

Erdogan has extended the maximum period of detention for suspects from four days to 30, a move Amnesty said increased the risk of torture or other maltreatment of detainees. REUTERS

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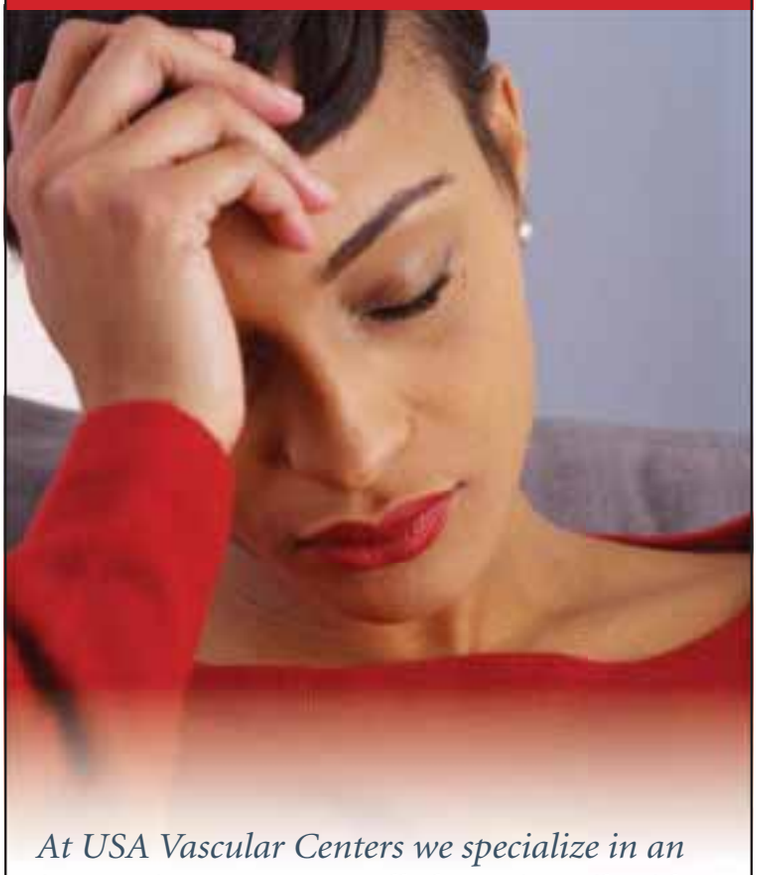
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Bavarian officials: Gunman planned attacks for a year

The gunman was evidently inspired by Norwegian mass killer Anders Breivik; likely deliberately staging the shooting on the fifth anniversary of Breivik's massacre, a law enforcement official said.

A girl lights a candle at a memorial of candles and flowers. GETTY IMAGES

The 18-year-old German-Iranian gunman who killed nine people in Munich on Friday began planning the attack a year ago after visiting the German city of Winnenden where another teenager killed 15 people in 2009, Bavarian officials said on Sunday.

Materials found at the gunman's home also showed he had been hospitalized for psychiatric care for three months around the same time, and was an avid player of violent video games, the officials told a news conference.

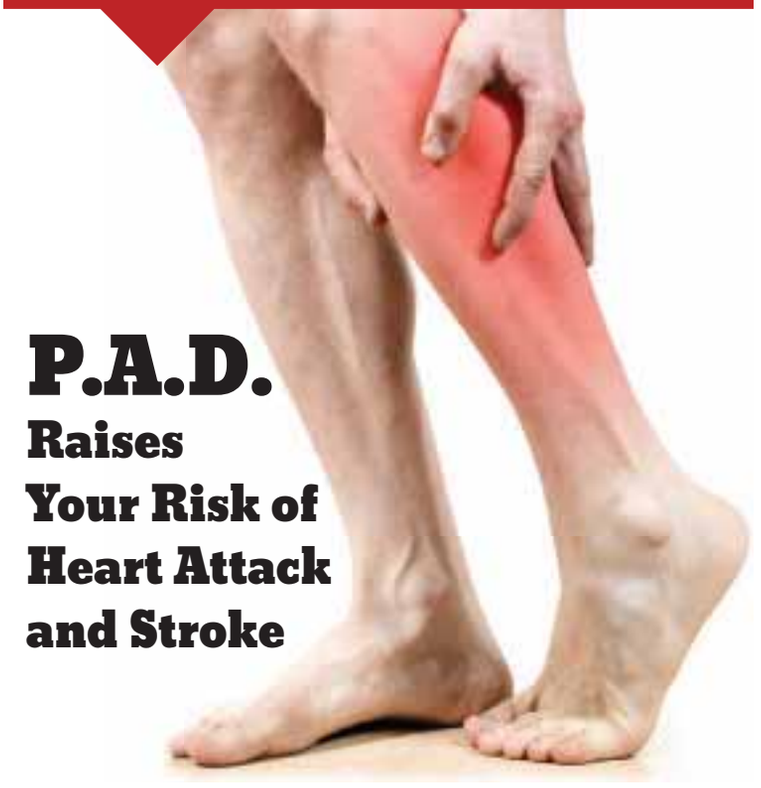
One of the games was "Counter Strike: Source," Robert Heimberger, president of the state crime office, said. He said it was "a game played by nearly every known rampage killer."

The gunman — identified by sources as David Sonboly — called himself "Ali" and once described the 17-year-old killer in the 2009 attack as a good person, according to a 16-year-old youth with whom he played video games in an online club, the German magazine Spiegel reported.

He frequently used online video handles such as "Hate" and "Rampage Killer," expressed nationalistic views, and was eventually excluded from the club because the other members were afraid of him, the magazine cited the other youth as saying.

"We always expected something like what happened, but we never thought he could get a gun and then use it," he said.

Bavaria's chief prosecutor Thomas Steinhaus-Koch said the gunman was treated for anxiety and had been hospitalized for psychiatric treatment from July to September 2015, followed by out-patient treatment as recently as last month. REUTERS



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Source: Verizon to announce $5 billion deal to buy Yahoo

Verizon Communications Inc will announce an agreement on Monday to buy Yahoo Inc for about $5 billion, according to a person familiar with the matter.

The announcement will come before the start of New York trading hours, the source added.

The deal will end months of uncertainty about Yahoo's future after the company announced plans to review strategic alternatives in February.

Yahoo was not immediately available, and Verizon declined to comment.

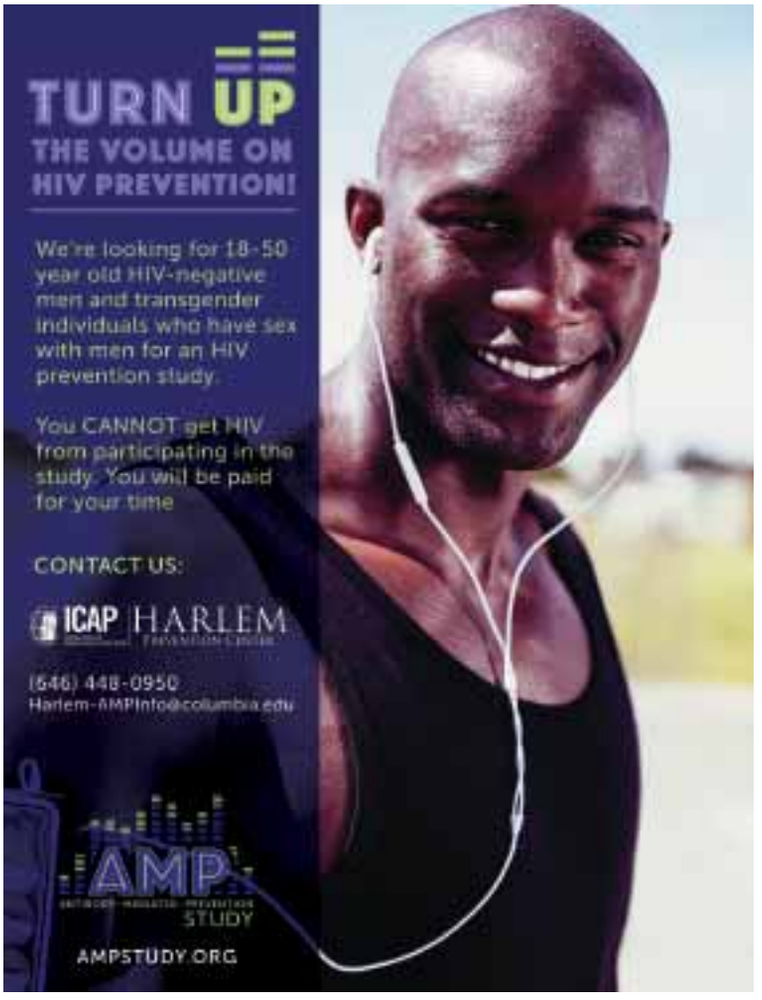
Bloomberg first reported that the deal will be announced Monday for $4.8 billion.

Reuters reported on Friday that Verizon had emerged as the frontrunner in the Yahoo auction.

Bloomberg News, which reported earlier that Verizon was nearing an agreement to buy the Yahoo assets, cited an anonymous source as saying the companies were discussing a price close to $5 billion. Yahoo shares were up 0.6 percent at $39.09 in morning trading, while Verizon rose 1.3 percent to $56.09.

The sources requested anonymity because the negotiations are confidential. Verizon and Yahoo did not respond to requests for comment. REUTERS

A sign is posted in front of the Yahoo! headquarters in Sunnyvale, California. GETTY IMAGES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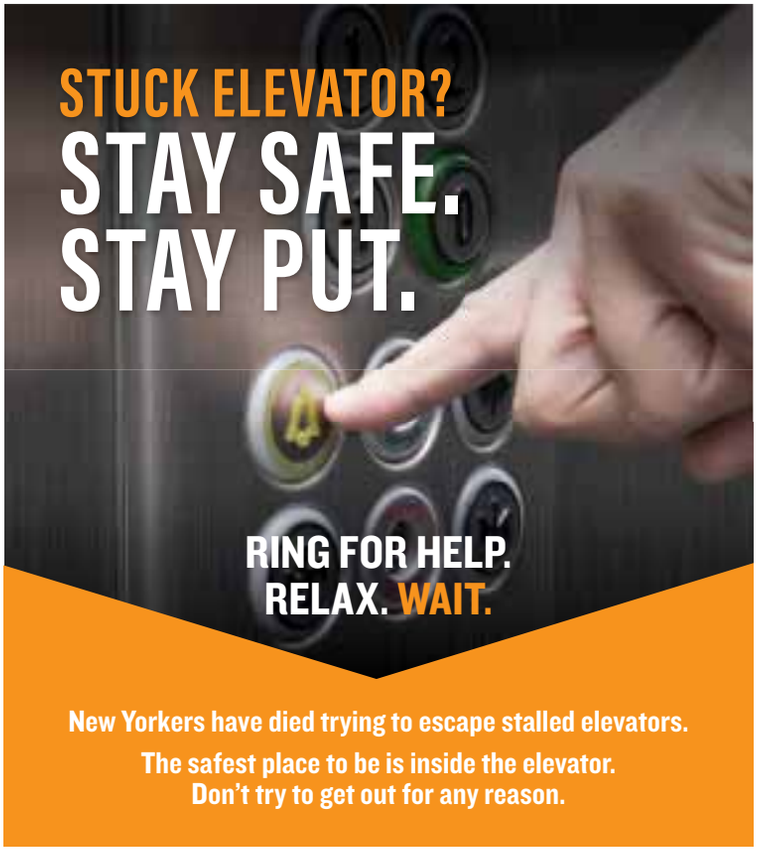
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Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get
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And it is: *"I wish I started this treatment much sooner."* Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any back once it 's gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. Isn't it time for you to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW:

When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically *"dries up."* The lubricating fluid that decreases is called *"synovial fluid"*. Pharmaceutical companies can now make synovial fluid-like compounds that... during treatments... doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating pain.

be why.

In fact, by using Precision Arthritis Targeting Technology, ***NY Pain MD*** doctors are able to double confirm the precise placement of the arthritis medicines used. This is to help ensure patients get the best possible results.

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Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or brands, the experts at ***NY Pain MD*** use several and great effort is taken to figure out which is best for YOU.

What To Do Next If You Are In Pain
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NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD.***

For a complimentary screening, call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the procedures offered at ***NY Pain MD*** are often covered by many insurance plans, union plans work comp and even Medicare. Call to schedule your screening * 800 2 2 7 KNEE

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"If e el like a new woman"

I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9;30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live a pain free. life again

By Matt Edgar - America's Health Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, **is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.**

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried what seemed to be similar treatments to what we are going to talk about and *did not get the results they wanted.* But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many … and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the *"average"* patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years .. or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** so they can see the medicine going directly into the knee joint - in live motion- during the treatment.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may

"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon

I had (replacement) surgery scheduled last year. Three months before I made an appointment .... I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at *NY Pain MD* were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's .. it's like exact science. ***Dr. Stanley Weiner MD***

"Hey this feels terrific"

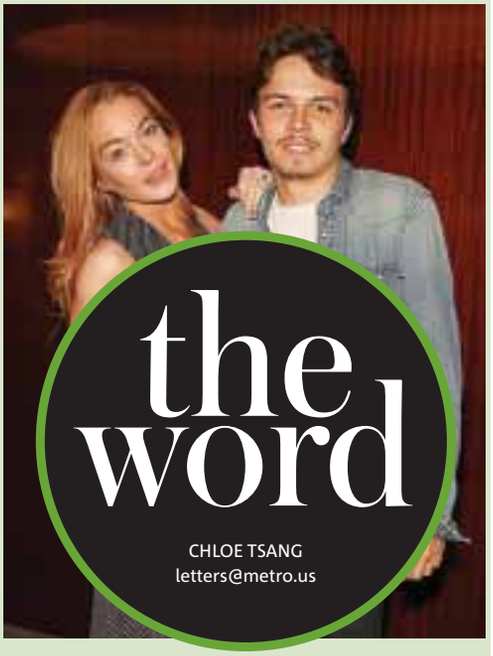
I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** When I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I don't have any pain any more"

After I had the treatments .. the last tuneup ..

"I feel like a new woman -It's amazing."

Lindsay Lohan slams fiance for cheating



What is going on with Lindsay Lohan?

In a series of social media posts, the actress blasted her fiance, Russian businessman Egor Tarabasov, for allegedly cheating on her, even going so far as to call a friend he was pictured with a prostitute.

Lohan's social media rant began with an Instagram photo of her and Tarabasov, with his face scribbled out. She then tweeted a photo of her fiance at a nightclub, along with the caption: "Wow thanks #fiance with Russian hooker." Lohan went so far as to tag the woman, Dasha Pashevkina, a fashion designer, on Twitter, but deleted the tweet shortly after.

the word

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Calvin Harris parties it up with Kim Kardashian

Calvin Harris has been on a Taylor Swift-hating roll, and it doesn't look like it'll be ending anytime soon.

First, the Scottish musician fired back at his ex-girlfriend with an array of angry Tweets, then he stepped out with his rumored new girlfriend, Tinashe. Now, he's been spotted fraternizing with the enemy: Kim Kardashian.

This weekend, Harris seemed to show his ever-growing support for the #TaylorSwiftisOver campaign by partying it up with Kardashian at Jennifer Lopez's birthday bash in Las Vegas.

ALL PHOTOS GETTY IMAGES

A photo of the two surfaced after the DJ, 32, posted a video of himself on Snapchat rapping the lyrics to a Kanye West song. In the clip, Harris is heard singing the lyrics, "Wifey gonna kill me, she the female OJ."

In case anyone forgot, Swift and Kardashian have been embroiled in a nasty feud ever since Kardashian leaked footage of the 26-year-old singer greenlighting her reference in West's song, "Famous." Meanwhile, Swift and Harris have been on some equally nasty terms: Harris recently accused his ex of trying to "make him look bad" by revealing that she co-wrote the DJ's smash hit, "This Is What You Came For."

ON THE DNC FLOOR

Debra Messing is pro Hillary

The actress is in Philly to talk some sense into Sanders supporters

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Debra Messing says a Trump presidency would be "devastating" for women.
GETTY IMAGES

Debra Messing, Hollywood actress known for her roles in hit shows like "Will & Grace" and "Smash," is a big supporter of presumptive Democratic nominee Hillary Clinton. The 48-year-old star is already in Philadelphia days before the Democratic National Convention doing grassroots work in support of Clinton. Messing chats with us about the dangers of a Trump-Pence presidency and why Bernie Sanders supporters should rally behind Clinton.

Why would a Trump-Pence presidency be dangerous for women?

It would be absolutely devastating for women. I have three beautiful nieces. The idea that they would be growing up in a country where they didn't have the right to make decisions about their health, after I've enjoyed that right my entire life, is so unthinkable. It's unimaginable. The idea that we would have a government who would be defunding Planned Parenthood, which is something so important to a huge percentage of women in our country. Republicans like Trump and Pence do not respect women as equals.

What do you have to say to Bernie supporters who won't support Hillary?

I would say I understand the disappointment. He has done something so important for our country. He has brought to light issues that have never been discussed before. He has been instrumental in informing the Democratic platform. So many of the things his supporters wanted have been incorporated because of Bernie into the platform. Before that, however, Hillary and Bernie voted the same way 93 percent of the time when they were in the Senate.

But now with Trump being the alternative...

Please, please look at the long game. The whole goal is progress, and progress happens incrementally. We all want it to happen overnight. I wanted gay marriage to be legal a decade ago, but we had to fight for so long, and it's finally here, thank God. But progress takes time and the only way to get there is to take steps forward. If [Bernie supporters] do not support Hillary and Trump is our president — all of the progress that has been made thus far will be decimated.

Debra Messing will be at the Democratic National Convention on Tuesday, July 26, in Philadelphia. Text 47246 to find out more.

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Teresa Palmer wants to be scared

The actress was looking to do a smart horror film when she signed on for "Lights Out."

MATT PRIGGE
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Teresa Palmer battles a beastie who appears to be supernatural in "Lights Out." WARNER BROS. PICTURES

Teresa Palmer didn't want to do a typical horror movie. And with "Lights Out," she didn't. It may appear to be a standard ghost movie, where a supernatural presence latches onto a splintered family, just like in "The Conjuring." But Palmer has a real character to play: a young woman who is pulled back into the life of her estranged, mentally ill mother (Maria Bello) when her house is haunted by an unknown presence that can only be seen when the light are switched to off.

Do you tend to be morbid?

Yeah. I've always been that way. I watch every crime show — all the true ones, at least, not the fake ones. I've always loved them, even when I was a little girl. When I was 6 years old I was the one who said in class, "If anyone wants to hear ghost stories, follow me!" I would sit under a tree with a group of kids and I'd make up ghost stories. I can't explain it. Maybe it's because I don't have a ton of darkness in my own life.

And yet you've done very few horror films, apart from your first American film, "The Grudge 2." What was different about this?

I had to do a smart horror film. I needed it to be layered and interesting. My favorite element was how the family felt very real. I've dealt with a lot of people in my life who have manic depression and schizoaffective disorder and psychoses. I really could resonate with Rebecca's decision. It was written so realistically. With genre films, that's very refreshing. I felt it could be a family drama outside the supernatural element.

There are a lot of genre films that actually do sneak in real, deep thought. They're considered disreputable, and some filmmakers use that as license to get away with really subversive material.

Then there's the flipside, where they have soulless characters that are just there to be scared or murdered. Pretty girls get murdered and people aren't the sharpest tool in the shed and get killed instantly. With this I wanted to have the supernatural element, but I also wanted to play a real character. That means the audience is really rooting for the characters. They really believe in them and want them to be OK.

Do you tend to be into the more cerebral horror films, like "Rosemary's Baby"?

"Rosemary's Baby" is unbelievable. Or the David Lynch film "Eraserhead." The baby that comes out is totally bizarre. Being a pregnant woman, I've had those nightmares. In my first pregnancy I would dream about being Mia Farrow.

Did you have similar anxieties actually making a horror film?

When I was shooting this movie, all these feelings would come back to me. I knew what was in it, because I'd read the script. But I'd come home and have to switch my brain off about some of the images I was seeing at work. It just triggered something for me. I had really bad insomnia shooting this film. I slept with a night light on. I kept pretending it was for my son, that he needed the night light. But he didn't need it; he was 9 months old, he was fine. It just got under my skin. That's one of the reasons I wanted to do it: I wanted to feel that real fear.

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The indie singer-songwriter went introspective on her new 12-track album, "We Were Wild." DANIEL TOPETE

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Fantasy and reality

Esmé Patterson talks life lessons and being your own liberator.

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Since splitting from the Denver-bred band Paper Bird in 2014, Esmé Patterson has established herself as a formidable singer-songwriter, both unassuming and challenging, pleasant and provocative. Her last album, "Woman to Woman," took legendary pop songs written by men and reversed their narratives to create all new songs, turning flat female characters into fuller human beings. For her latest, "We Were Wild," Patterson turns the lens back onto herself, reflecting on her own quest to become more fully human.

You've said about this album that "a lot of these songs were lessons my heart was giving my mind." And usually we're told that our mind needs to discipline our hearts, so I wonder what that meant for you.

I feel like the way that the mind sees the world is not necessarily the true way, for me, a lot of the time. There were moments when I felt with my heart before I could understand what I was doing. And my brain had to catch up!

I can see the ups and downs of that idea running through the songs on this record. The opener, "Feels Right," is about how everyone wants to feel right, but you also ask, how do you know? And on "Guadalupe," you say, "Heaven is in your heart," but also, there's "Wantin' Ain't Gettin,'" where your heart is set but someone else doesn't give back what you hoped for.

I had had some experiences where that was very disappointing. ... And so, in the song "Guadalupe," I was trying to learn how to give myself what I needed, rather than depending on someone else for that. And the song "Wantin' Ain't Gettin'" was when I realized that I needed to learn how to do that.

I have to bring up the cover art of "We Were Wild," which, when you fold out the front and back of the LP, is you holding yourself on a leash. And since the title of the album is in the past tense, I wonder if you're saying something's been domesticated.

Absolutely… [The image] means everything that everyone thinks it means. The part that frustrates me is when women told me about it being irresponsible. … But the idea for me is a struggle with being my own captor and my own liberator. And once we realize these bounds that we put ourselves in, we're free.

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How to prevent a pulmonary embolism

Stay healthy at 30,000 feet. ISTOCK

With summer comes vacation, which means thousands of people packed into planes, trains and automobiles, just sitting — for hours on end. The worst problem most of us experience on long trips is discomfort and crankiness. But sitting for extended stretches of time can lead to deep vein thrombosis (DVT), the formation of blood clots, usually in the legs. In the most serious cases, clots can travel to the lungs and block blood flow, what's called a pulmonary embolism.

We talked to Dr. Robert Lookstein, professor of radiology and surgery and vice chair of interventional services at Mount Sinai Health System, about how to recognize the signs and what to do if you suspect you could be at risk.

What are the risk factors for a young, relatively healthy person developing DVT?
The stereotypical patient ... is somebody who is on a transcontinental flight [drinking] several cups of coffee or another caffeinated beverage. Maybe they drank a little bit of alcohol, and they don't move for six hours. All of a sudden they are about to get off the plane, and they notice that one leg is more swollen than the other leg.

How about people who have an illness or medical condition?
Anybody with a severe medical condition — a flu-like illness, a patient who has cancer who's receiving chemotherapy leading to severe dehydration, anybody with chronic gastrointestinal disorders leading to dehydration — they're going to be at risk as well. Lastly, there are patients who have a family history of developing blood clots, and those patients should really be tested.

What can people do to avoid DVT during long periods of travel?
Get up and walk around. That's the most important thing and, again, stay as hydrated as you can. The nice thing about staying hydrated on a plane or in a car is it forces you to get up and hit the restroom. It's sort of your own way of taking care of yourself.

Is this a concern for office workers as well, people sitting in front of a computer all day?
Absolutely. Every two or three hours, just get up: Walk around the office, walk around the block, pull over your car, walk around the gas station. These are all things that just help with your circulation and minimize the risk of you developing significant blood clots.

SHEILA DOUGHERTY

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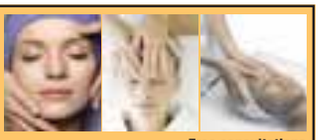

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Why public health is personal

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HOW TO GET AHEAD

This expanding field offers countless options for people who want to make a difference.

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Public health is a broad, fast-growing field. It requires a desire to help others and an interest in health or science — but not a medical degree.

"The whole field of public health is really about prevention," says Heather Krasna, assistant dean of career services at Columbia University's Mailman School of Public Health.

The Mailman School offers masters and doctoral degrees in public health, preparing graduates to enter the field as biostatisticians, educators or health care administrators, just to name a few career paths.

Public health is really about "promoting and protecting the health of communities and people where they live," says Krasna. "Most of it has nothing to do with getting to see a doctor and getting medical care."

What's more, the field is experiencing exponential growth. The aging of the population and the large increase in people now receiving health care because of the Affordable Care Act have upped the demand for public health practitioners, she adds.

Krasna outlined four rapidly growing areas.

Health educator/ program manager

Health educators often work with high-risk communities to prevent illness — whether that means figuring out how people in certain areas can get access to more healthful foods, testing air quality to understand the high level of asthma in a certain area or making sure water is safe to drink. "People think about public health, and they usually think of an infectious disease, like Zika or Ebola or HIV. But actually you could be doing the same type of work and trying to prevent diabetes or working with people to prevent cancer," Krasna says.

Programs and interventions

Going into schools and teaching kids about healthful eating and lifestyle choices is part of public health's focus on prevention. Interventionists also work with adult populations doing what's known as harm reduction — preventing the transmission of HIV, for instance.

Behavior-change communication

Ever notice those subway posters with lung cancer patients cautioning against smoking, or attractive couples advocating safe sex? That's all part of the behavior-change communication aspect of public health, which grapples with a big question: "How do we communicate [with the public] in a way that will get people to change behaviors that will then make them healthier?" says Krasna. "People focus on getting health care, but a lot of what accounts for somebody being healthy is stuff in their neighborhood or stuff in their environment."

Statistics

Health-related statistics and data analysis is "an exploding field" right now, Krasna adds. "You now have all this data that's in electronic medical records, or electronic health records. Now there's this huge field of analyzing that data so you can figure out what is it that's causing an outbreak, or what is it that's causing certain patients to have very high medical bills."

In short, the options are endless.

"When people think of health care, they usually think of doctors, nurses, but there's this huge additional set of jobs."

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The risks and rewards of emergency nursing

If you thrive in chaotic, fast-paced situations and want to save lives, consider this growing field.

ALIZAH SALARIO
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If you can stay calm under pressure and turn on a dime, then emergency nursing might be the career for you.

Jeff Solheim, a veteran emergency nurse and the author of "Emergency Nursing: The Profession, the Pathway, the Practice," shared his insights on navigating this physically and emotionally challenging profession.

Decide if you have what it takes: The No. 1 thing that draws people to emergency nursing is the quick pace, says Solheim.

ISTOCK

"It's people who really enjoy that adrenaline rush," he says. "And the other thing, I think when you ask emergency nurses what draws them to this field, it's the ability to work with people for a very short period of time. One minute you can be caring for a child with a sore throat and five minutes later you're in a room caring for someone with an amputation, and one hour after that you're performing CPR on a grandma from a nursing home."

Be aware of the challenges: When first Solheim started, he was aware that emergencies were chaotic, but not that patients could be disrespectful.

"When you get there, you realize that not everybody is as responsive to your caring as you would like," he says. "You truly do get to see every level of society," he says. "You see the worst of what substance abuse really does to people, you see domestic violence and human trafficking. Every shift you work you see the worst of society, along with the best."

Ultimately, he wouldn't trade his experiences for the world.

"Every day you walk home with the knowledge that you saved somebody's life."

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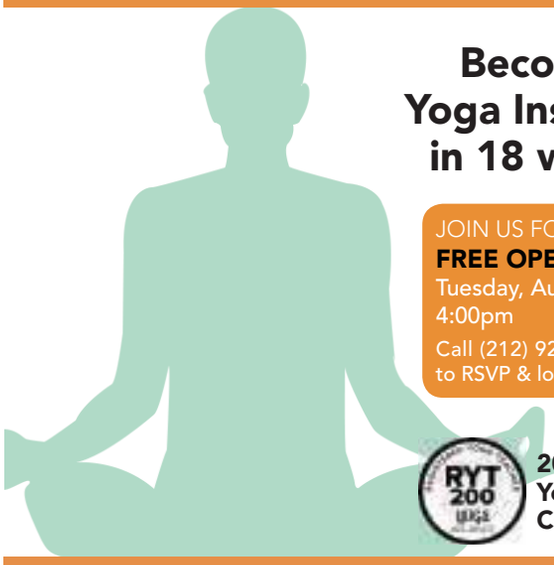

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3 Things to watch as Giants kick off training camp

Giants training camp preview: Will offseason expenditures pay off?

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Giants general manager Jerry Reese spent a mint on improving the team's sagging pass rush and deplorable pass coverage. But he went bargain-basement hunting for linebacker help and safety depth.

Friday begins the journey to see if his moves were savvy or desperate.

Now that Tom Coughlin "stepped down," Reese is the last bastion among the decision makers who can be held accountable. All fingers will surely point at him should the Giants falter this season.

The start of training camp on Friday will be the first real look at Reese's additions, and judging by the amount of money he doled out to his new-look defense, he's certainly hoping owner John Mara's money was well spent.

Here's what to watch:

1 Will the secondary have its defense's back this season?

Reese went all-in on improving the cornerback situation, as he shelled out $62.5 million ($28.8 million guaranteed) to former Rams corner Janoris Jenkins. This is the same Jenkins who once admitted to taking plays off and needing to better hone his in-game focus. Reese also spent a high pick on another cornerback, Eli Apple, who went 10th overall in the draft. Giants fans are hoping that the former Ohio State star is as effervescent on the field as his mom Annie is off the field. Gone is the inconsistent Prince Amukamara, who took his talents to Jacksonville, so it's up to holdover Dominique Rodgers-Cromartie to lead by example and make sure the newcomers improve last season's weakest link.

2 Did Reese hit on any of his bargains?

While Reese went all-out on his pass rush and cover corners, the linebackers essentially remained status quo. The holdovers include Devon Kennard, Mark Herzlich, J.T. Thomas, Jasper Brinkley, and Jonathan Casillas. All are solid, if not unspectacular players. None, by any means, are considered stars. They'll be joined by Keenan Robinson, who comes over from Washington, Kelvin Sheppard from Miami, and rookie draft pick B.J. Goodson. None of these guys — the holdovers or newcomers — will evoke memories of Giants greats of yore. The results won't really be known until deep into preseason competition.

Will Janoris Jenkins help shore up a secondary in need of a boost? GETTY IMAGES

3 How will things change under new head coach Ben McAdoo?

The new man in charge is basically the only change to the coaching staff following Coughlin's exit, meaning all eyes will be on the neophyte early. If the organized team activities and minicamps showed anything, it's that things won't be drastically different under McAdoo's regime. Whether that's a good thing or not remains to be seen. But for the most part, there will only be tweaks here and there. As McAdoo likes to say, the new-look Giants will be an evolution, not a revolution. He's stated that Coughlin did a lot of things right, despite the consecutive 6-10 seasons to end his reign. The new coach said there won't be a need for drastic changes. Big Blue will use the same systems on both sides of the ball, so the team isn't starting over — but rather just getting a reboot. The new faces should help his transition, but it's still a big difference in going from the offensive coordinator to the overseer of all things Giants.

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NEW HALL OF FAMER PIAZZA WAS ALWAYS BIGGER THAN THE MOMENT

OPINION

MARC MALUSIS
@marcmalusis

What made Mike Piazza special to this city was his ability to capture the moment. We all know the rags to riches story of being a 62nd-round draft choice by the Dodgers in 1988 — as a favor to his father, who was a friend of Tommy Lasorda. What he developed into was the greatest offensive catcher that Major League Baseball has ever seen.

Sure, there were defensive limitations, but his offensive prowess far outweighed that fact until the last few years of his career. In his 16 years, he hit .308 with 427 career homers and 1,335 RBIs. He hit over 30 HRs in a season nine times. Yes, I know he has been dogged by PED rumors, but he never failed a drug test and I am certainly not going to pain him with the brush of guilt because of "back acne."

What I will say is this: When he was acquired on May 22, 1998, he lived up to each and every expectation.

Instead of running and hiding from the expectations and the pressure, he embraced them. He embraced everything that it meant to represent the Mets and New York City. He entered the Baseball Hall of Fame on Sunday in Cooperstown as a Met because even though he was given his first opportunity and thrived in Los Angeles, he cemented his greatness here, in New York.

There is certainly a long list of great baseball players, immortals even, who played in New York. If you are a baseball fan, the names of Seaver, Mantle, Ruth and Gehrig come to mind, just to name a few. Piazza deserves to be on that list because he earned it. He earned it with each and every long majestic home run. He earned it with every clutch RBI. He earned it because he thrived in the most pressurized sports city in the country.

Make no mistake about it, it is the rare player who comes to this city and lives up to the expectations. He was a star before he arrived and continued in that role in this city. He carried a franchise and gave them relevancy. You can always picture the stance and the Mizuno bat and the freakish raw power to all fields that he possessed.

Mets fans have a bevy of positive memories of slugging catcher Mike Piazza in orange and blue. GETTY IMAGES

You can certainly picture his stance and his follow-through and his long majestic towering homers deep into the sky. He cleared Dodger Stadium, he hit a 477-foot grand slam against the Marlins that drew as genuine a reaction from Tommy Lasorda that you will ever see. In the Yankees-Mets rivalry, his dominance of Roger Clemens drove "the Rocket" insane as we all witnessed by the legendary bat toss.

Piazza was a moment player. What I mean by that was the moment never seemed too big for him.

With that being said, Piazza will forever be known for his post 9/11 homer as sports returned to NYC for the first time since our nation was attacked. It was 10 days after the attack and it was the first sign of some sort of normalcy returning to this city. His two-run homer off of Steve Karsay, a local kid from Christ the King High School, gave the Mets a 3-2 lead and gave the Shea faithful the moment they wanted. A moment, however brief, to take themselves away at that time from everything else that was all too real around them. He hit 427 homers in his career, but on Sept. 21, 2001, that is one that I will always remember. He helped us all heal just a little bit that evening. He gave us a moment that we will all never forget.

So as Mike Piazza had his day on Sunday, I thank him for all the days he gave this city as a player. To the greatest hitting catcher of all-time, thank you Mike. Thank you.

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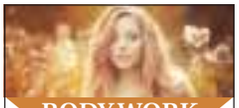

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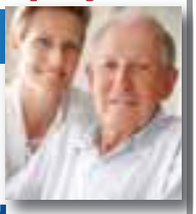

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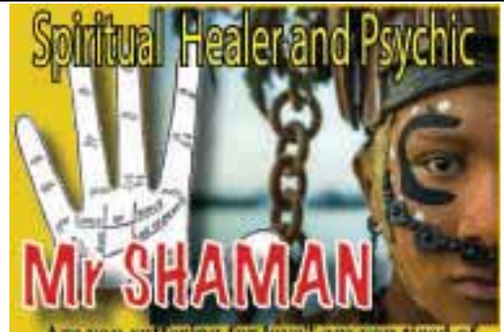

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Aries Release any tension you feel with honesty, resolution and compassion. Take any opportunity to show a loved one how special he or she is to you. Groundbreaking results will unfold.

Taurus Learn as you go. If you let others interfere, you will end up doing everything twice. Broaden your spectrum and have the confidence that you can handle whatever comes your way.

Gemini Check out ways to make your home environment more to your liking. A space where you can relax or work on enjoyable projects will help keep you grounded.

Cancer Pitching in and doing your share will add to your popularity. Complaining and criticizing will isolate you from people you need on your side in order to excel.

Leo Get out and do something that will make you smile. If you share the moment with someone who needs a pick-me-up, it will bring you greater joy. Follow thoughts with actions.

Virgo Offer assistance, but don't put up with ungrateful people. If you aren't being appreciated, move on and help someone who knows the value of your support.

Libra Make your point heard. Engage in events that will bring about change. The people you encounter will be instrumental in helping you down the line. Love is highlighted.

Scorpio Take a wait-and-see approach to changes in your industry or elsewhere that could affect your prospects. Don't fight change when you can adapt and make it work for you.

Sagittarius Take on a competitive challenge and show everyone what you are capable of doing. Business trips are favored. Make your day perfect by ending it with romance.

Capricorn Do your own research. Take care of personal money matters. Don't let an emotional situation tempt you to make a move that is not in your best interest.

Aquarius Bring about change for the right reason. A clear conscience and stellar motives will help you reach your destination without any regrets. Let your past mistakes go.

Pisces Look to the future because you are at peace with the past, not because you want to run from regret. Make amends, do what's right and enjoy the relief you'll gain. **EUGENIA LAST**

Yesterday's answers

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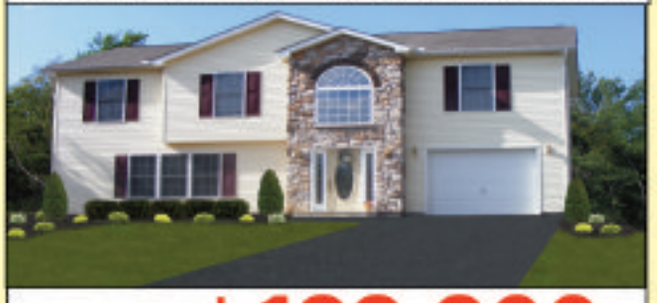

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